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Housekeepers' Chat

Release Thursday, November 15, 1928.

NOT FOR PUBLICATION

Subject: "When Soup Is the Main Course." Approved by Bureau of Home Economics, U. S. D. A. Verse from "The Dingbat of Arcady," by Marguerite Wilkinson.

Bulletin available: "Aunt Sammy's Radio Recipes."

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"I know a recipe you don't know," sang Billy, as he jumped over the hedge, and turned a somersault on the lawn.

"I know a recipe you don't know; I know a recipe you don't know. Ouch! Aunt Sammy, I stubbed my toe!"

Billy kicked a stone out of his way, and tossed his books onto the porch swing. "Gee, that was a poem! Suppose I'll be a poet when I grow up?"

"Not if you're reasonably careful," I said. "What's your recipe that I don't know?"

"Lucky Stew," said Billy. "You don't know how to make a Lucky Stew. Listen, Aunt Sammy:

Put anything you like in a deep pail,
And pour on anything you please;
Stir it all up, with anything you find,
Under the anywhere trees.

'If anybody comes asking for dinner,
Serve it with anything you wish;
But never, never, never, never forget
To put a four-leaved clover in the dish.'

"There," said Billy, "I learned that today. Bet you couldn't make a Lucky Stew, Aunt Sammy."

"Maybe not," I said. "Which would you rather have, for dinner, a Lucky Stew, with a four-leaved clover in it, or Oxtail Stew, with a little parsley in it?"

"Oxtail Stew!" said Billy, "and I'm starved to death. I can't wait till dinner time for something to eat!"

To hear Billy talk, when he comes home from school, you'd think he never did get enough to eat. Being normally hungry, and being "starved to death," mean the same thing to him.

11/15/28

In the winter time, I often serve a rich, thick soup, with bread and butter, or toasted crackers, as the main dish. Soup meals are economical. They provide a good way of using left-over bits of fish, meat, poultry, vegetables, and cooked cereals. Meat fats, used in small quantities, give flavor. When enough meat is added to make the soup a hearty one, the whole meal may be served from left-over bits. Dumplings are frequently added to soups made this way. Ever use the recipe for dumplings, in the Radio Cookbook?

All the questions today are soupy ones -- I've saved them for this occasion. As soon as they're answered, I'll tell you about the Oxtail Stew -- or Soup, rather -- that I had for dinner last night.

First question: "What kinds of meats, in general, are used for soup?"

Answer: The tough cuts of meat, containing bone, lean, and connective tissue, and little fat, are used for soup. The tough cuts are usually just as well flavored as the tender cuts, and lower in price. Remember that the aim in making soup is to extract as much of the meat flavor, and of the protein and other food constituents as possible.

Second question: "Please tell me whether meat for soup should be started in cold or in hot water."

Answer: First, sear a portion of the soup meat, to develop the flavor. Then add cold water, and simmer until the broth has a rich "meaty" flavor. The cold water is used so as to draw out as much of the meat juice as possible into the soup. After cooking, take out the meat, and set the soup aside to cool. The fat will come to the top, and generally can be lifted off in a solid cake. This meat broth or meat stock, is then ready to serve as a clear soup, or it can be used as stock for vegetable soup.

Third question: "Is there any food value in the meat left over from soup-making?"

Answer: The left-over meat has food value, although it is rather flat in taste. Left-over soup meat can be used in croquettes, baked hash, or as filling for stuffed peppers.

Next question: "Please tell me what to serve as accompaniments to soup."

Answer: Bread and butter, crackers, or saltines are good served with soup. If you want something different, put the crackers or saltines in a pan, brush them with melted butter, sprinkle with grated cheese, and bake until delicately brown. The crackers burn easily -- watch them carefully while they're baking. Or you may use stale bread, buttered, cut in cubes, and browned in the oven. The French call these toasted bits of bread, "croutons."



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I wonder if you have ever made Cheese Biscuits. They're good with soup. I use a standard biscuit recipe, and add soft, grated, sharp-flavored cheese, in the proportion of four tablespoons of cheese, to one pint of flour. Mix and bake in the usual way.

Here's another suggestion which may be new to some of you: Twin Cheese Biscuits. Twin Cheese Biscuits are made by cutting biscuit dough into small, thin rounds. Then spread a layer of soft, sharp-flavored cheese, on top of a round, cover it with another round, and bake as usual. Especially nice, for informal luncheons.

Some one asked me last month, for soup recipes. There are a number in the Radio Cookbook: Bean Soup; Turnip Soup; Onion Soup; Spinach Soup; and some stews which will be soups, if you omit the thickening.

That's what I did with the recipe for Oxtail Stew. Besides Oxtail Soup, I had for dinner last night Toasted Rolls; Grapefruit Salad; and Old-fashioned Creamy Rice Pudding.

Since there is no way for me to tell who has a cookbook, and who has not, I'll broadcast the recipe for Oxtail Soup. Eleven ingredients, for Oxtail Soup:

1 ox tail	2 tablespoons butter
2-1/2 quarts water	1 teaspoon Worcestershire or other seasoning
4 carrots, diced	Salt and pepper to taste.
2 turnips, diced	1 tablespoon parsley, chopped fine, and Slices of lemon.
2 onions, sliced	
1 large potato, diced	

Eleven ingredients: (Repeat).

Wash the ox tail, cut in short lengths, and brown it in its own fat. Cook the onions in the butter, add to the meat with 2-1/2 quarts of the water, and simmer until the meat is tender. Then add the diced carrots, turnips, and potato, and cook for 10 or 15 minutes longer, or until the vegetables are tender. Add the sauce, salt, and pepper. Sprinkle the soup with the parsley and garnish with slices of lemon.

To repeat the menu: Oxtail soup; Toasted Rolls; Grapefruit Salad, and Old-fashioned Creamy Rice Pudding.

(Recipe for Old-fashioned Creamy Rice Pudding in "Aunt Sammy's Radio Recipes," page 58.)

Tomorrow: "Three Squares for the School Boy." Program includes menu.

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